

What is claimed:

- 1.) An orally-administered composition of matter for reducing blood cholesterol levels and controlling postprandial blood glucose and insulin levels in humans or lower animals, comprising a mixture of:
  - (a) beta-glucan soluble fiber or a source of beta-glucan soluble fiber; and
  - (b) a non-digestible fat or a source of non-digestible fat.
- 2.) The composition of Claim 1 having a weight ratio of beta-glucan soluble fiber to non-digestible fat of from about 1:20 to about 20:1.
- 3.) The composition of Claim 2 wherein the weight ratio of beta-glucan soluble fiber to non-digestible fat is from about 1:10 to about 10:1.
- 4.) The composition of Claim 3 wherein the weight ratio of beta-glucan soluble fiber to non-digestible fat is from about 1:3 to about 3:1.
- 5.) The composition of Claim 1 wherein said composition is a food comprising, on a single reference serving basis:
  - a.) at least about 0.5 grams of beta-glucan soluble fiber; and
  - b.) at least about 1 gram of non-digestible fat.
- 6.) The food of Claim 5 wherein said food comprises at least about 0.75 grams of beta-glucan soluble fiber.
- 7.) The food of Claim 5 wherein said food comprises:
  - a.) from about 0.5 grams to about 7.5 grams of beta-glucan soluble fiber; and
  - b.) from about 1 gram to about 16.0 grams of non-digestible fat.
- 8.) The food of Claim 5 wherein said food is a traditional snack.
- 9.) The food of Claim 8 wherein said food is a cracker, filled cracker, potato crisp, extruded snack or filled extruded snack.

- 10.) The food of Claim 5 wherein said food is ready-to-eat.
- 11.) The composition of Claim 1 wherein said composition is a food comprising, on a 30 gram basis:
  - a.) at least about 0.5 grams of beta-glucan soluble fiber; and
  - b.) at least about 1 gram of non-digestible fat.
- 12.) The food of Claim 11 wherein said food comprises at least about 0.75 grams of beta-glucan soluble fiber.
- 13.) The food of Claim 11 wherein said food comprises:
  - a.) from about 0.5 grams to about 7.5 grams of beta-glucan soluble fiber; and
  - b.) from about 1 gram to about 16.0 grams of non-digestible fat.
- 14.) The food of Claim 11 wherein said food is a traditional snack.
- 15.) The food of Claim 14 wherein said food is a cracker, filled cracker, potato crisp, extruded snack or filled extruded snack.
- 16.) The food of Claim 11 wherein said food is ready-to-eat.
- 17.) A method for reducing blood cholesterol controlling postprandial blood glucose and insulin levels, in a patient in need of such treatment, comprising administering to said patient:
  - a.) beta-glucan soluble fiber or a source of beta-glucan soluble fiber; and
  - b.) a non-digestible fat or a source of non-digestible fat; or
  - c.) mixtures of (a) and (b); said method comprising oral ingestion, by said patient, of a sufficient amount of component (a) to result in the ingestion of at least about 1.5 g of beta-glucan soluble fiber per day and a sufficient amount of component (b) to result in the ingestion of at least about 10 g of non-digestible fat per day.
- 18.) A method according to Claim 17 which comprises chronic ingestion.
- 19.) A method according to Claim 17 wherein ingestion occurs at two or more regularly-spaced intervals throughout the day.
- 20.) The method of Claim 17 comprising oral ingestion of a sufficient amount of component (a) to result in the ingestion of from about 1.5 g to about 15 g of beta-glucan soluble fiber per day and a sufficient amount of component (b) to result in the ingestion of from about 10 g to about 40 g of non-digestible fat per day.

- 21.) A method according to Claim 20 which comprises chronic ingestion.
- 22.) A method according to Claim 20 wherein ingestion occurs at two or more regularly-spaced intervals throughout the day.
- 5 23.) A sheetable dough comprising a sufficient amount of beta-glucan soluble fiber or source of beta-glucan soluble fiber to provide said dough with a beta-glucan soluble fiber level of at least about 1% by weight.
- 10 24.) The dough of Claim 23 wherein said dough has a beta-glucan soluble fiber level of at least about 2.0 % by weight.
- 25.) The dough of Claim 23 wherein said dough has a beta-glucan soluble fiber level from about 1% to about 10% by weight.
- 15 26.) The dough of Claim 23 comprising a carbohydrate source in addition to said beta-glucan soluble fiber and a fat source.
- 27.) A food made from the sheetable dough of Claim 23.
- 20 28.) A traditional snack food comprising, on a 30 gram basis, at least about 0.5 grams of beta-glucan soluble fiber.